



RHODE ISLAND DEPARTMENT OF PUBLIC SAFETY
Municipal Police Training Academy

Community College of Rhode Island — Flanagan Campus
1762 Louisquisset Pike, Lincoln, RI 02865-4585
Telephone: (401) 205-2500 — Fax: (401) 205-2501



Colonel James M. Manni
Superintendent, Rhode Island State Police
Director, Department of Public Safety

Lieutenant Christopher J. Zarrella
Executive Director
Municipal Police Training Academy

RIMPTA Training Announcement

Stress Management and Resiliency Training

Date: May 17, 2022

Time: 0900 - 1300 hours

Location: Portsmouth Police Department
2270 East Main Road, Portsmouth, R.I.

Presented by Healing Emergency Aid Response Team (HEART 9/11), the Stress Management and Resiliency Training (SMART) program is for first responders delivered by first responders who have learned to manage stress and/or other stress-related symptoms. The Program was conceived by members of the NYPD and FDNY who lived through the horrors of September 11th and is the result of a long-standing partnership between HEART 9/11, the Newtown, CT Police Department (Sandy Hook Elementary School shooting) and the Benson-Henry Institute for Mind-Body Medicine at Mass. General Hospital. This partnership was born of a shared aspiration to help first responders manage both chronic and acute stress and to help those who may be suffering from burnout. Responders learn a variety of self-care interventions, allowing them to build a course of action to manage stress and improve overall health and wellbeing.

Developed by Dr. Herbert Benson, founder of The Benson-Henry Institute for Mind-Body Medicine, this program will provide first responders the self-care tools they need to reduce stress, regain a sense of control, and enhance their quality of life. The training is taught by active members of Rhode Island law enforcement who are certified by HEART 9/11.

This workshop is offered **free** of charge. Uniform of the day or business casual attire required for this training.

To register, please complete the attached registration form and fax or e-mail to Mrs. Donna Lavallee at (401) 205-2501, or donna.lavallee@risp.gov by May 11, 2022. (Limited to 25 participants).

For any questions regarding this workshop please contact the Director of Continuing Education, Steve Lombardi, at (401) 205-1678, or stephen.lombardi@risp.gov.

For more information regarding the Rhode Island Department of Public Safety Municipal Police Training Academy please go to: www.rimpa.ri.gov, click on Upcoming In-Service Training Opportunities.



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Stress Management and Resiliency Training

PLEASE PRINT CLEARLY

Course Title:		Police Department/Agency: (name and full address)	
Stress Management and Resiliency Training			
Course Dates: May 17, 2022 0900 – 1300 Hrs. Portsmouth Police Department		Contact Person (Supervisor):	Department/Business Phone:
PARTICIPANT(S) NAME & RANK			
1 st Selection:			
E-Mail Address:			
2 nd Selection:			
E-Mail Address:			
3 rd Selection:			
E-Mail Address:			
<u>Please FAX or Email this form to the attention of:</u>			
Mrs. Donna Lavalley at donna.lavalley@risp.gov or (401) 205-2501 (Academy Fax)			
Please contact Steve Lombardi at (401) 205-1678 or stephen.lombardi@risp.gov , with any questions regarding this training. RSVP by May 11, 2022.			